

L-theanine derived from natural plant sources. This anti-stressor is highly safe, having no particular limitations in its taking and being routinely usable for the purpose of preventing and/or mitigating stress in the form of e.g. a soft drink. The L-theanine, which may be used directly, is pref. used in the form of a pharmaceutically permissible salt such as a hydrochloride. The anti-stressor of the present invention can be prepared into capsules, tablets, powder, granules, drinks, injections, or drips, or may also be made into a readily soluble pharmaceutical to be added, as necessary, to alcoholic beverages or mineral water.

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(54) THEANINE-CONTAINING COMPOSITION

(57)Abstract:

PURPOSE: To obtain a composition which has effects of generating the  $\alpha$ -waves and sustaining them and the effect of increasing the learning efficiency.

CONSTITUTION: This composition contains, as an active ingredient, theanine, one of amino acids which is included in green tea in a large amount and a major component of deliciousness. Theanine is used, as it is, or by adding to food products, dried products, refreshing beverage and medicines. In the case that the theanine is used as a composition enhancing the development of  $\alpha$ -waves and a composition improving learning efficiency, the dose of theanine is 0.3-300mg/kg body weight, preferably 0.3-30mg/kg body weight. The theanine is prepared by extraction of tea leaves or by allowing glutaminase to act on a mixture of glutamine with ethylamine. Simple dietary intake of theanine generates and sustains the  $\alpha$ -waves deeply relating to mental relax and increases learning efficiency.